

## Parents Can Take The Following Steps To Help Prevent Children From Lead Poisoning.

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- ◆ Be careful with hobbies. Many crafts calling for use of paints, glazes, and solder have lead.
- ◆ Keep children away from peeling paint and broken plaster.
- ◆ Keep children away from remodeling and renovation sites. Old paint may contain lead.
- ◆ Use cold tap water for infant formula or cooking. Let the water run for at least a minute before using, to flush out lead picked up from the pipes.

- ◆ Store food from open cans in glass or plastic containers.
- ◆ Use lead-free dishes. Some dishes have lead in their glaze. Do not use chipped or cracked dishes to store or serve food.
- ◆ Use damp cleaning to dust and mop surfaces to reduce lead dust.
- ◆ Wash your child's hands often to rinse off any lead dust.
- ◆ Wash your child's toys often, especially teething toys.

### Get Good Advice.

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Call your local health department to learn more about lead poisoning prevention.



Indiana State  
Department of Health

The State Health Department has pamphlets to help you learn more.  
Please call 1.800.433.0746  
or visit our Web site @: [www.statehealth.in.gov/programs/lead](http://www.statehealth.in.gov/programs/lead)

# LEAD POISONING THE SILENT MENACE...

*Test Your Home. Test Your Child.*



IS YOUR CHILD SAFE?  
**Call: 1.800.433.0746**

## What's Wrong With Lead?

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Lead poisons people. It is especially bad for children. If lead gets into a child's body, it could cause:

- ♦ lower IQ
- ♦ speech delays
- ♦ behavior problems
- ♦ reproductive problems
- ♦ kidney damage.

Lead can be found most commonly in paint, dust, soil, and water. Some ethnic folk medicines for stomach upset also have lead.

## What Causes Lead Poisoning In Children?

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Lead poisoning is caused by inhaling or swallowing lead particles. The most common source is lead-based paint. If floors have dust from old painted walls or paint chips, a baby could breathe in lead dust or suck on hands or toys contaminated with lead dust. Some toddlers eat paint chips or chew on lead-painted window sills and stair rails.

## What Are The Symptoms Of Lead Poisoning In Children?

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On occasion children might experience fatigue, crankiness and stomachaches. Usually there are no signs: **a blood lead test is the only sure way to tell.**

## Who Should Be Tested?

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Children who:

- ♦ are enrolled in Hoosier HealthWise or Medicaid
- ♦ have a sibling or playmate who has been lead poisoned
- ♦ are exposed on a regular basis to dwellings built before 1978
- ♦ are recent immigrants

- ♦ frequently come into contact with people exposed to lead through work or hobbies
- ♦ are members of a minority population.

## How Is A Lead Test Done?

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A small amount of blood is taken from a finger prick or vein and tested for lead. Blood can be drawn at a doctor's office, hospital, clinic, or lab. If you do not know where to bring your child for testing, call your local health department.

## What If The Blood Test Shows A Problem?

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Your local health department will advise you on what measures should be taken to monitor your child's blood lead level. They can also assist you with determining the source of exposure.

## Don't Bring Lead Home.

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People who work at remodeling construction, plumbing, painting, auto repair, battery factories, smelters, and certain other jobs can be exposed to lead. You can reduce the risk of bringing lead home to your family if you:

- ♦ shower and change into fresh clothes and shoes before entering your home
- ♦ wash work clothes separately.